GENIES OFFER UP WEEK OF FREE SHOWS, PG3

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Celebrity Buzz pg 14

Madge, new beau to adopt?

Earth **Hour**

Earth Hour is Saturday, 8:30 p.m. local time. People are asked to fight global warming by switching off their lights for an hour. We'll have environmentally friendly coverage all week leading up to Earth Hour.

Health & Beauty

- **Certified organic: How to be sure a beauty product is living up to its claims, pg 10**

Tomorrow

- **Canada has a significant role in developing electric cars.**

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Canada

- **We have the second part of our look at businesses bucking the trend, pg 4**

This Week

- **We give you some local meals for a steal.**

City cooks up 'menu'

$600M stimulus list unveiled

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Just how much economic stimulus money ends up in Ottawa is a mystery, but the city has put together a $600-million "menu" of projects that could create more than 7,400 jobs in the next two years.

The prioritized list features nearly $500 million in infrastructure projects, $53 million in social housing improvements, $58 million in recreation infrastructure, and $29 million in cultural initiatives.

Although the funding would not be allocated based on population, like the gas tax, city manager Kent Kirkpatrick estimated they would be receiving around $461 million, based on per capita funding as a point of reference.

"This will be a project specific application and funding approval process," he said.

So far, there are only two conditions for receiving stimulus funding. Only projects that can be commissioned within the next two years, but would not be done without the stimulus funding, are eligible.

Topping the infrastructure list are transit projects from the first phase of the transit plan, including the extension of the southwest Transitway from Fallowfield to Barrhaven, a tunnel at Baseline Station and pedestrian walkway over Woodroffe Avenue.

Extending Hunt Club Road to Highway 174, and several new pedestrian and cycling paths were also high on the list.

Priorities on the recreation list include refurbishing the Merivale and Bell arenas, the Nepean Sportsplex Pool, the Gloucester Splash Pad wave pool, and expanding the Greenboro Community Centre.

The Centrepointe Theatre could be expanded as part of the Cultural Initiatives, along with rehabilitation of the building for La Nouvelle Scene and the Kanata West District Library.

"We're going to give them a menu and they are going to have political discussion in terms of what gets funded," said Mayor Larry O'Brien.

The public will get its chance to comment at an April 7 committee meeting.

ShareYourViews
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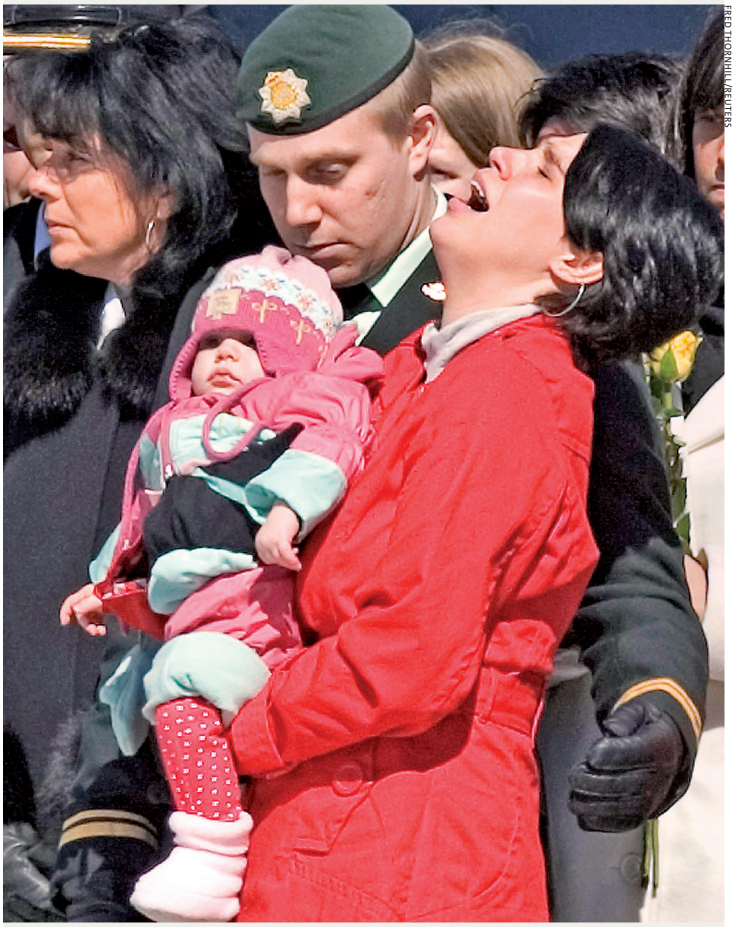
Afghanistan **A wife and daughter's loss**



FRED THORNHILL/REUTERS

Marcie Lane, the wife of late Master Cpl. Scott Vernelli, cries upon the arrival of her husband's casket yesterday at Canadian Forces Base Trenton, while holding their daughter Olivia. Vernelli died in Afghanistan on Friday, along with Cpl. Tyler Crooks, Trooper Jack Bouthillier and Trooper Corey Hayes. All four soldiers were killed by improvised explosive devices. **Fox apology, pg 4**

Man arrested in Barbados beating death of Ottawa woman

ATTACK Police in Barbados have arrested a 24-year-old Barbadian man in connection with the death of Ottawa resident Terry Swartzfeld.

Royal Barbados Police Force Commissioner Darwin Dottin said yesterday police expect to charge a suspect shortly in connection with the brutal attack that killed Swartzfeld, 60, and injured her daughter-in-law Luana Cotsman.

At the time of his arrest, the suspect was in possession of a digital camera and ring belonging to Swartzfeld and Cotsman, as well as an imitation firearm.

Police say Swartzfeld and Cotsman were walking on a beach when they were beaten and robbed. Swartzfeld died in an Ottawa hospital on March 18. A $10,000 US reward was offered for information leading to an arrest.

EMILY GOUCHER/FOR METRO OTTAWA

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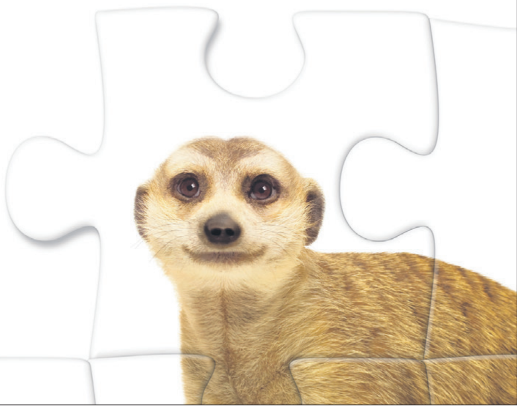

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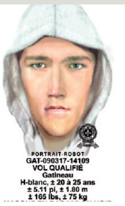
Like, OMG, they're coming!

Parents, lock up your preteen daughters — the Jonas Brothers are coming to town. The Disney Channel pop-rock trio will be playing Scotiabank Place Aug. 31. **METRO OTTAWA**

Local



Do you know this man?

Gatineau police have released a composite photo of a man in hopes of catching a suspect believed to have robbed a Plateau-area Scotiabank. The suspect is a white male, 20 to 25 years old, about five-foot-11 and 165 pounds. Although the suspect is wanted for one robbery, police said it's possible he could be responsible for others. So far in 2009, Gatineau police have investigated eight bank robberies. METRO OTTAWA

Genies Ottawa 'coup'

TRACEY TONG
tracey.tong@metronews.ca

As if having the 29th annual Genie Awards in Ottawa for the first time isn't enough, a series of events planned to kick off the Canadian film awards will likely send local movie buffs over the moon.

Whether you're a fan of blockbusters or prefer the avant-garde, next week is a chance for all film fanatics to show their support for Canadian film — without having to spend a penny.

Yesterday, the National Capital Commission and the Academy of Canadian Cinema and Television unveiled a full week's worth of public screenings and special events that will make up Genie Week.

The events, which kick off Saturday, culminate in the Genie Awards ceremony at the Canada Aviation Museum April 4, followed by a gala at the Canadian War Museum.

"The awards are a huge coup," said NCC CEO Marie Lemay. "We're really happy to have the Genie Awards here."

"This is an opportunity for residents to show support for Canadian film and Canadian culture," said ACCT CEO Sara Morton.

"The craft of Canadian film gets better and better. The audience for Canadian film is expanding," she said.

Eight days with 20 free public events on both sides of the river kicks off with a screening of Passchendaele at the Canadian War Museum, followed by free access to the special exhibition, Trench Life: A Survival Guide Saturday.

In addition to screenings, events include the Genie Train red carpet arrival April 3.

TUESDAY, MARCH 31 /
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Lunchtime Shorts

TRACEY TONG/METRO OTTAWA

National Capital Commission CEO Marie Lemay announced the event lineup for Genie Week yesterday. The events, all free, include movie screenings of award-nominated films.

Getting mentally tough for 'Intellectual Olympics'

TRACEY TONG
tracey.tong@metronews.ca

Some of North America's brightest minds are Ottawa-bound as Carleton University prepares to host an event dubbed the "Intellectual Olympics" in late May.

For the first time since 1993, the university is playing host to the 78th annual Congress of the Humanities and Social Sciences, an event estimated to bring between 8,000 and 9,000 academics from across Canada and the U.S. to the nation's capital.

The largest multidisciplinary academic gathering in North America, held from May 23 to 31, attracts academics and researchers from various studies and acts as a forum to share ideas.

"It's also a chance for them to present their research," said Alison Faulknor, director of programs of the Canadian Federation for the Humanities and Social Sciences.

With 4,000 presentations over nine days, there's a series of events that is open to the public, Faulknor said.

In some cases, that means getting to hear lecturers like John Ralston Saul and David Foot, author of Boom Bust and Echo. The public can also attend a book fair featuring more than 150 publishers.

The event will also bring tourists to cultural attractions, restaurants and retailers, added Faulknor.

"For the city, this is significant," she said. While 1,300 people will be staying on the Carleton campus, about 6,000 people are expected to require area accommodations. "This event definitely has the ability to transform a city."

> **"This event definitely has the ability to transform a city."**
> Alison Faulknor

ShareYourViews
ottawaletters@metronews.ca

Banned British MP to remain on speakers schedule for April event, organizers say

Despite being banned from speaking in Canada, a scheduled lecture by British MP George Galloway will go ahead as planned, according to organizers.

Galloway is supposed to appear at the Bronson Centre April 2 as part of a four-city tour of Canada, but he has been barred from entering the country, allegedly for delivering a caravan worth more than $2 million to Hamas Prime Minister Ismail Haniya. The Canadian government considers Hamas a terrorist organization.

Joel Harden, with the Ottawa Peace Assembly, insists the caravan was medical supplies.

Galloway is also an outspoken opponent of NATO's current policy in Afghanistan.

The OPA, the Toronto Coalition to Stop the War, and the group Solidarity for Palestinian Human Rights, is attempting to reverse the decision through a series of demonstrations and are preparing a legal challenge to the decision.

TIM WIECLAWSKI/METRO OTTAWA

metronews.ca
What's online today.

Video The Suncor-Petro-Canada merger creates a new global energy giant at **metronews.ca/canada**

Video Canadians react to Fox News host Greg Gutfeld's (below) mocking remarks about Canada's military at **metronews.ca/canada**

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These results are not official.

Hybrid car cost is green investment

With concerns of a sagging economy, it may be hard to convince people to spend the extra money for a hybrid car, even if people are concerned about the environment.

But the price difference between hybrids and standards is getting smaller every year, said John-Paul Farag, a consultant for Toyota.

"When you think about it, the initial investment is not all that much, especially when you look at the potential for savings down the road especially when it comes to fuel consumption," said Farag.

Farag is not overly concerned about the cars being a tough sell. "Fuel prices have come down recently, but most Canadians understand that this is a short-term thing," he said.

With several members of Parliament and members of Natural Resources Canada on hand, Toyota Canada unveiled new hybrid models here yesterday.

"These are vehicles that need opinion leaders behind them to really demonstrate the technology … repre-sent(s) the future of policy direction," said Stephen Beatty, managing director of Toyota Canada. "With the Obama administration in the U.S. pledging new fuel economy standards for 2011, it'll be cars like these that will be important to meeting those standards."

ANDREW SZTEIN/FOR METRO OTTAWA

ANDREW SZTEIN/FOR METRO OTTAWA

John-Paul Farag, advanced technology and powertrain consultant for Toyota Canada, explains the inner workings of a hybrid.

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Canada/World

Find your niche, experts advise

Riding the Recession

The recession hit just as 51-year-old Calgarian Dale McKenzie retired from a 30-year career in policing.

He didn't panic about his investments — he has niche skills that are helping him survive during the recession. He works as a clown named Bumper and he is starting an investigative business that delves mostly into mortgage fraud.

"There's no lack for that kind of stuff," he said. "As long as there is mistrust and as long as there are lawbreakers, there will be room for private investigation."

McKenzie has also been a clown for eight years, and while he said business isn't booming, it isn't failing either. He thinks there will always be a demand for people who can put a smile on your face.

Karen Fraser of Angus One Professional Recruitment in Vancouver said it's crucial for people to have a specialized skill set or can break into a niche market like McKenzie.

"Across the board, there's still a wide range of companies hiring," she said. "People are hiring in online marketing and Internet shopping, which has seen growth … specialized positions are still consistent."

The Alberta government's predictions fall in line with Fraser's experience in B.C. — projections for the next decade say there will be more than enough jobs for architects, dietitians, nutritionists, physical therapists, archivists, and school counsellors.

But even if you don't have a specialized set of skills, Canadian staffing companies are hopeful the summer seasonal work reverse jobs lost to the economic downtown.

"From what we see, landscaping work and construction should be picking up here shortly," said Clint Belcourt with Tips Staffing in Calgary. "Seasonal employment will kick off, which will help some people out and stimulate a little excitement." **JENNIFER HILLIKER/ FOR METRO CANADA**

UN envoy's driver released in Mali

KIDNAPPING The driver of two Canadian officials kidnapped in Niger in December has been released in Mali, UN officials said yesterday.

Soumana Mounkaila was driving a UN vehicle in which UN special envoy to Niger Robert Fowler and his aide Louis Guay, both former Canadian diplomats, were travelling when all three were seized. **REUTERS**

Big cash for province

INFRASTRUCTURE Ontario will spend its way out of the recession with an "unprecedented" $27.5-billion cash infusion to improve public transit, roads, schools and hospitals over the next two years, Premier Dalton McGuinty says.

The money will be topped up with $5 billion from January's federal budget for a total of $32.5 billion in new infrastructure spending, but there were no details yesterday on which projects will go ahead from a wish list that includes Toronto Transit Commission plans for more light rail lines.

"It's a big number but, you know what? It needs to be done. Inaction is not an option," said McGuinty, who repeated the government will reveal a "significant" $18-billion deficit for the fiscal year and next year in its budget. **TORSTAR NEWS SERVICE**

Montana flight crowded?

The plane that crashed in Montana and killed all seven children and seven adults aboard had more passengers than seats, an official said yesterday.

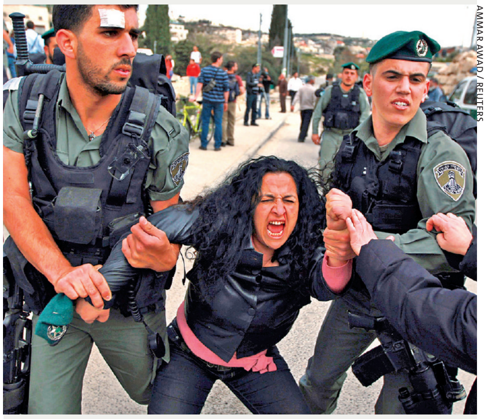
National Transportation Safety Board acting chair Mark Rosenker said his team is investigating whether the 10-seat plane carried too much weight and why it nose-dived short of the runway in Butte, Mont. The single-engine plane had no "black box" data recorder and the investigation could take months.

All the children were under age 10. Only one, a one-year-old, by regulation could have been seated on an adult's lap. That left 13 people and 10 seats.

Rosenker stopped short of saying the plane was overcrowded.

Rosenker said three families were in the Pilatus PC-12 turboprop plane heading from California to a ski vacation near Bozeman, Mont. **REUTERS**

Israel **Dispersing protest**


AMMAR AWAD / REUTERS

Israeli border police officers detain a Palestinian woman in east Jerusalem yesterday, during an event marking Jerusalem's tenure as the Arab League's "capital of Arab culture" for 2009. Several activists were detained.

Man charged in Mumbai attacks appears in court

ATTACKS The man accused of being the lone surviving gunman in last year's Mumbai attacks told an Indian court yesterday that he was from Pakistan and wanted legal assistance.

The trial of Mohammed Ajmal Kasab began yesterday via a video link with his prison in Mumbai.

Police say Kasab was one of 10 gunmen who killed 166 people in a three-day rampage through the city last November.

Kasab has since been held in jail, with Indian lawyers refusing to defend him. The trial was moved to March 30 to allow more time to assign a Pakistani lawyer to his case. **REUTERS**

Fox TV host apologizes after mocking Canadian military

COMMENTS The host of a satirical, over-the-top Fox TV show has apologized for any disrespect he may have caused to the Canadian military with a recent segment on his program.

In a five-minute segment broadcast March 17, Red Eye host Greg Gutfeld mocked the Canadian Forces, noting Lt.-Gen. Andrew Leslie's recent comment that the military may need a year to recover after Canada's mission in Afghanistan ends in 2011.

"Meaning, the Canadian military wants to take a breather to do some yoga, paint landscapes, run on the beach in gorgeous white Capri pants," Gutfeld had said. **CBC NEWS ONLINE**

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Comment & Views

Comment

So much for free speech

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Whew! Let's breathe a sigh of relief now that British MP George Galloway has been barred from entering our country. Our children are safe. No telling what damage could have been rendered by this heinous threat to our national security.

If reports are correct, Canada is the only country in the world that bars the sitting MP, who has been elected five times to the British parliament and has no criminal record. The Americans let him in. Even Israel, despite his pro-Hamas views, let him in.

So what is the Harper government trying to do here? Ramp up its right-wing credentials to the point where Canada is seen as a denier of freedom of speech?

Some of Galloway's views are wacko. We can disagree readily with his take on Israel, with his support for Hamas, but does that mean you gag him? Others, Canadians and Americans, have supplied aid to Hamas and controlled Gaza. Will that get them the same kind of treatment? As someone said of Galloway, the best way to expose the folly of his arguments is to allow him to come here and spout them.

The Galloway ban follows one taken against an American citizen. William Ayers, the old friend of Barack Obama who was a figure of controversy in the U.S. presidential election, was an advocate of radical violence four decades ago. He has since become a distinguished professor of education who serves on dissertation committees at the University of Ottawa and Toronto. He has been allowed into Canada many times. He arrived to give a speech at the U of T in January, only to be told by immigration officials that he had a 40-year-old felony conviction, which he denies. When Ayers asked them if they really thought he was a security threat, he said they laughed, before saying it wasn't their decision.

The bans are in keeping with other hardline measures by the Harperites recently. The government, which takes a leisurely attitude toward Guantanamo, is going ahead with the deportation of conscientious objectors to the war in Iraq — even though the prime minister disavowed his support for that war in last fall's election campaign.

The government last week announced it was not renewing $2.5 million in contracts for the Canadian Arab Federation to teach English to new immigrants.

On Iran, it has escalated the rhetoric against the government there — this while Obama moves to moral high ground with a diplomatic overture to Tehran to narrow the differences.

All quite strange. Rather than calm tensions, Ottawa's intent seems to be to inflame them.

GETTY IMAGES

George Galloway

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

The happy Muslims who confuse you

Mona Eltahawy

Global View

There's something wrong with the pictures coming out of Pakistan these days.

Ever since Pakistani President Asif Ali Zardari reinstated the country's chief justice, I've been trying to figure out what it was.

And then it hit me.

Happiness. Joy. Celebration.

How often do we see pictures of happy Muslim men? What a relief, too, that they were Pakistani.

I've developed a theory about the Muslims we see in the media, who are usually from Pakistan.

Angry Bearded Muslim Man is the favourite. Whenever the Muslim world is supposed to be upset or offended, invariably that story is illustrated by images of Angry Bearded Muslim Man: Marching (usually in Pakistan), shouting (fists raised in righteous anger), and burning something (an American flag, an Israeli flag, preferably both!)

His female counterpart is Covered In Black Muslim Woman. She's seen, never heard. Visible only in her invisibility under that black chador, burqa, face veil, etc.

In those images you have conveyed all you want to say about Muslims: The men are angry, dangerous and want to hurt us; the women are covered in black.

While there are some Muslim men and women who fit both such descriptions they are by no means the majority, and they are utterly insufficient in describing the diversity of views, appearances and attitudes among Muslims. But they make for sexy TV and enticing photos. And they are my biggest competitors and nemeses when I give lectures or appear on television.

My first U.S. TV appearance was on Fox News' The O'Reilly Factor. Talk about trial by fire! After the usual back-and-forth yelling, some viewers sent me emails, asking, "Are you sure you're a Muslim? Where's the headgear?"

Others wanted to know why I spoke English so well. Clearly, I did not deliver on the Covered In Black Muslim Woman that central casting usually offers to viewers. I was confusing them.

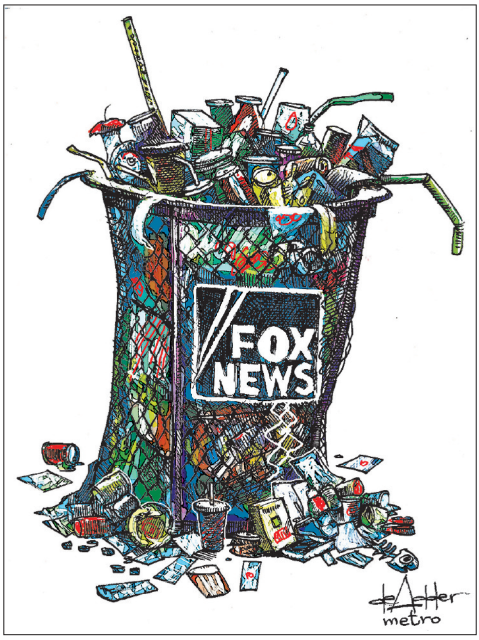
Which brings me back to the happy Pakistanis — men and women — in our newspapers these days.

While I'm the last person to deny the danger of radicals in the Muslim world, I also enthusiastically wave the flag for those of us who call ourselves liberal, secular Muslims.

In other words, I live to confuse you by subverting the stereotype of Muslims that you always see and hear from. Go on — take a look at my picture.

Here's to more pictures of Happy Muslim Men and Women Who Confuse You.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



MICHAEL DE ADDER

Letters

Taste the slow-food movement for yourself

Re: Mark Trealout (Slow-food movement just tastes better, March 5)

It's true, slow food does taste better. Mark Trealout was correct when he said "the average urbanite has no idea how to raise a pig, harvest wheat, or store the summer's bounty for winter use."

While a lot of people understand the movement conceptually, we in the restaurant industry and local leaders need to give people good guidance on how to become fully involved.

The first step is definitely the Internet. Through a few basic searches, readers will find suppliers, retailers and restaurants that have embraced the cause throughout Canada.

However, a true understanding for the purpose of the slow-food movement can only be developed by tasting the end product. Anyone with the slightest interest can easily make a reservation at a restaurant that participates in producing high-quality slow food from local communities to see and learn what we're all about.

There's no tastier and more fulfilling place to start.

MICHAEL SANGREGORIO,
TORONTO

Negative cartoon undermines good the Pope is trying to do

Re: Vision for Africa cartoon (March 18)

I found the cartoon of Pope Benedict XVI in the March 18 paper disrespectful and offensive.

Canadian society prides itself on being tolerant and accepting, but there are still those who are too willing to believe the worst of the Pope. And their deliberate misunderstanding and negative comments seriously undermine the real good the Pope is trying to do.

MARIA OLAGUERA,
SURREY, B.C.

Metro Online Poll Results

59% SAID YES	Do you support Prime Minister Harper's call for a vote to scrap the gun registry?	41% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Bonus regulation law in store for France

France will introduce a law to limit executive bonuses in the form of stock options or shares because businesses have failed to accept a voluntary accord, a government spokesman said, adding that bosses should not be able to raise their bonuses unless employees also received increases. **REUTERS**

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Consumer confidence rises

MARCH Consumer confidence picked up in March as more Canadians said now was a good time to make a major purchase, while the majority saw their financial situations unchanged over the coming six months, the Conference Board of Canada said yesterday.

The board's Index of Consumer Confidence rose to 71.5 in March, up 2.7 points from February and above the 67.7 hit in December, the lowest mark since the 1981-82 recession.

"Considerable concern" remained over financial pressures, the board reported, but sentiment improved on the question of future employment opportunities.

The survey was done ahead of the most recent employment report, which showed Canada had lost 82,600 jobs in February.

> **"It appears that most people feel unaffected by the ongoing Canadian recession."**
> Conference Board

An increasing number of Canadians believe now is a good time to make a major purchase such as a home or a car. That number rose to 34.7 per cent, up 4.6 points from February.

On questions about the current and future financial situation, the majority of responses fell into the "unchanged" category, the Conference Board said.

"It appears that most people feel unaffected by the ongoing Canadian recession and believe they will continue to be unaffected going forward," the organization said. **REUTERS**

Suncor buys Petro-Can

Largest Canadian oil and gas takeover yet at $18.4B

Suncor Energy Inc. said yesterday it will buy rival Petro-Canada to create Canada's biggest oil company, dominant in the Alberta oilsands and able to slash costs as it looks to weather a period of low oil prices.

Suncor is offering $18.43 billion for Petro-Canada in an all-share deal. That makes it the largest Canadian oil and gas takeover yet, and the biggest takeover of a Canadian company since Rio Tinto bought Alcan in 2007 for $43 billion US.

The deal targets $1.3 billion in annual savings for the combined company as oil prices plummet, which have made it hard to turn a profit from oilsands operations in northern Alberta.

The merger of the two will create a company with 100 years worth of reserves, four refineries in Canada and the United States, a chain of retail gas stations and more than 680,000 barrels per day of oil and gas production.

Petro-Canada shareholders will receive 1.28 common shares of the merged company for each Petro-Canada share, while Suncor shareholders will get one common share of the merged company for each Suncor share. **REUTERS**

MIKE STURK/REUTERS

Suncor chief executive Rick George, left, and Petro-Canada chief executive Ron Brenneman at a conference in Calgary yesterday.

Market reaction

- Petro-Canada's shares jumped $6.05, or 20 per cent, to $35.70 in Toronto, while Suncor slid 16 cents to $30.74.
- The S&P/TSX composite index rose 452.16 points, or 5.32 per cent, to 8,598.51.

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U.S. bank shares soar as feds unveil $1T toxic asset plan

ECONOMY Bank shares soared on hope a U.S. government plan to rid lenders of up to $1 trillion US of troubled assets will resuscitate lending, earnings and the economy.

Bank of America rose 26 per cent to $7.80 and Citigroup rose 19.5 per cent to $3.13, while JPMorgan Chase & Co rose 24.7 per cent to $28.86. Major U.S. stock indexes rose about seven per cent.

The Public-Private Investment Program calls for the government to provide financing for private investors to buy assets from banks, with the government shouldering much of the risk. Those assets have been illiquid because investors and banks have been far apart in assessing their worth.

"It relieves an anchor around the necks of investors concerned about the viability of these institutions," said Andre Bakhos, president of Princeton Financial Group.

BlackRock Inc. and Allianz SE's Pacific Investment Management Co., two of the largest and most influential U.S. asset managers, said they intend to participate in the program. **REUTERS**

Plan's benefits

- While it is unclear how assets would be priced, opening the market could allow banks to free up capital, lend more and perhaps raise new private capital on their own.

India's Tata pins hope on new Nano car

AUTOS Ratan Tata must be hoping yesterday's launch of the Nano, the world's cheapest car, marks a change in fortunes for his company Tata Motors after a difficult 2008.

Though the $2,000 US snub-nosed Nano received a rapturous reception, the credit crunch complicated funding for a deal to buy the Jaguar and Land Rover brands last March. In November, the Tata Group's Taj Mahal hotel was one of the sites of militant attacks in Mumbai, in which more than 160 people died.

But with the Nano, made for European and U.S. markets in mind, Tata hopes the Nano could become a symbol of Indian pride: "I just hope the dream that we've all had and we've worked so hard for proves itself to be the kind of product that we would like it to be." **REUTERS**

> **"I just hope the dream that we've ... worked so hard for proves itself to be the kind of product we would like it to be."**
> Ratan Tata

Business in brief

INVESTMENT Time Warner Inc. will invest $241.5 million US in Central European Media Enterprises, the companies said yesterday. The investment will give Time Warner a 31 per cent stake in CME, a broadcaster in seven European countries, including Bulgaria, Croatia and Czech Republic. Time Warner's Warner Bros. movie studio will also launch and operate Warner-branded television stations in the Central European company's territories. **REUTERS**

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Investing

Allan Small

WILL RETURN ...

Getting a grip on how to tip

SmartCookies

metronews.ca/smartcookies

If you're in a large group, be sure to check if gratuity is already included as it often is for big parties.

I once had a server who didn't actually serve me much of anything. I ended up getting my own syrup for my cold pancakes and a glass of juice from the bar. I still left him 15-per-cent gratuity.

It's the former service worker in me that feels like I have to do this to supplement his income. But tipping should be more about the service and in some cases, the relationship you have with the person providing it. Yet there is always confusion. Who, when and how much are all questions that elicit different answers.

Take your barista, for example: Does she automatically get your spare change in her cup? What about the guy who hands you your bag of take-out? Etiquette experts say it's not necessary but recommend that if it is someone you see often, it's a good idea to show appreciation. If, like most people, you have trouble quickly calculating the appropriate amount to tip, visit smartcookies.com for a quick and easy guide.

The norm for restaurant service is 15-20 per cent. If you're in a large group, be sure to check if gratuity is already included, as it often is for large parties. And even if you used a gift card or a two-for-one coupon, you should still tip on the amount you would have paid without the voucher.

For most other restaurant staff, such as a bar server or checkroom, $1 to $2 is an acceptable tip.

If there are services you are unsure about how much to tip, call ahead and ask what the norm is. In situations where there can be multiple people looking after you, such as a beauty salon or spa, the easiest thing to do is tip about 15-20 per cent on the entire bill and ask that the tip be split between those who attended to you.

When travelling, it's best to keep a bunch of small bills on hand, so that you're prepared and don't feel awkward asking for change or giving more than you wanted to. Be sure to check into the cultural norms wherever you are visiting. As a point of interest, tipping is considered rude and is rarely done in Japan, except in certain cases.

If you happen to be unhappy with the service, never leave zero for a tip without speaking to a manager about the situation. Sometimes it may not have been the person's fault.

Not leaving anything just makes you look cheap and won't solve the problem. You may also receive some kind of compensation for letting them know about the problem so they can fix it.

Email questions to smartcookies@metronews.ca

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

On the web

Money Matters:

- Columnist Henry Choo Chong advises a condo owner on what to consider if choosing to rent it out. Visit metronews.ca/moneymatters

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Schilling retires via blog

Curt Schilling officially retired from baseball yesterday, announcing on his blog that he's leaving the game after 23 years with "zero regrets." Schilling missed all of last season with a shoulder injury. The gritty pitcher retires with 3,116 strikeouts and three World Series titles with the Diamondbacks and Red Sox. **METRO NEWS SERVICES**

Sports

Armstrong breaks collarbone

Lance Armstrong said he will have surgery after breaking his collarbone yesterday during a race in Spain, leaving in question his participation in the Tour de France in July. "I'm alive!" the seven-time Tour de France champ wrote on his Twitter feed. "Broken clavicle (right). Hurts like hell for now." **METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONEWS.CA

WBC Japan, South Korea for title

GETTY IMAGES

Hiroyuki Nakajima of Japan lays down a bunt in the finals of the 2009 World Baseball Classic against Korea last night. For a complete recap, visit metronews.ca/sports.

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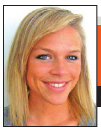
Julie Stewart-Binks
Guest columnist

Last December I read a newspaper article that took a shot at good-looking women in sports broadcasting. It maintained physical appearance took precedence over talent.

How depressing! I'd been all athlete all through school, ran track, figure skated, and even spent time in the penalty box after trading punches with a fellow hockey player. I'd covered sports for my university's TV, radio, and print mediums, but darn, I was a woman — and blonde at that. There went my credibility as a sports broadcaster.

Talk about an unlevelled playing field.

At least I knew where the other team was coming from. Take 60 Minutes commentator Andy Rooney, who last October, made this unsportsmanlike comment. "What really bugs me about television's coverage is those damn women they have down on the sidelines who don't know what they hell they're talking about."

Many sportscasters hold the same belief. The overly sexualized and hyper-masculine hotbed of sports culture has enforced the idea women don't understand sports.

Speaking of the field, are there any women on it? To watch television, listen to radio broadcasts or read the sports pages, you'd never know thousands of little girls in this country play hockey, soccer, baseball and that an even greater percentage of adult females are involved in pro sports.

But scantily clad tennis, figure skating and volleyball athletes get the coverage. When I tell men my age my career goals they say I'll never fully understand sports because I'll never have the chance to play in the NHL or the NFL. They say men don't want to hear a women talk about a sport she can't play.

So how did Rod Black cover figure skating all those years?

What female sportscasters and female athletes have in common is that, to steal a line from Rodney Dangerfield — we get no respect.

I want sports networks to start showing women respect in the hockey arenas, football fields and baseball diamonds, cover our games and tournaments and to hire more women to cover sports.

It's time to level the playing field, boys.

Julie Stewart-Binks is currently a student at Queen's University with hopes of pursuing a career in sports broadcasting.

First implosion, now Habs for sale?

This was supposed to be the most celebrated year yet for hockey's oldest and most storied franchise, the 100th anniversary of the Montreal Canadiens.

Instead, it's chances at a playoff spot are dimming, its coach has been fired, its players have been accused of befriending gangsters, and now, its owner is looking to sell.

Citing economic pressures, the Habs' American owner, George Gillett, has taken the first steps needed to offload the team, which could see him make a handsome profit.

The Gillett family has retained the services of BMO Capital Markets to "assess various strategic alternatives to optimize the value of its corporate assets," team president Pierre Boivin said in a statement yesterday.

Gillett

Drama and the Habs have been synonymous this season. The team's record is dismal — it has lost its last five games even as Gainey has taken over behind the bench. A month ago, it was reported that three of its players had links to an alleged organized crime figure who's been charged with drug trafficking.

Billionaire Cirque du Soleil owner Guy Laliberte and Celine Dion and her husband René Angélil have been speculatively named as owners.

So has Research in Motion owner Jim Balsillie, who has long coveted a hockey team and was quoted last fall as saying the Canadiens were for sale, a remark hotly denied by Gillett.

A spokesperson for Balsillie yesterday offered "no comment" on the possible sale.

Gillett stands to make a tidy profit on the club, which he bought in 2001 for $181 million. Last October, Forbes Magazine pegged its value at $334 million and ranked it the third most valuable team after the Toronto Maple Leafs and the New York Rangers.

TORSTAR NEWS SERVICE

Bosh painted as deadbeat in court filings

Chris Bosh is being cast in U.S. court documents as a deadbeat father who broke up with his girlfriend when she was seven months pregnant, leaving her destitute and without medical care even as she fell ill.

The court documents, filed in Maryland on behalf of Bosh's former live-in girlfriend Allison Mathis, who is seeking child support and sole custody, allege that in early 2008 Mathis and Bosh planned to get married. According to the filings they made a consensual decision to have a child together and Bosh, who is earning a salary of $14.4 million US this season, paid for a fertility drug to hasten the process.

But upon Bosh's return from the Beijing Olympics in August of last year, the player signaled his intention to, according to the complaint, "move on" from the relationship.

With Mathis seven months pregnant it is alleged Bosh stopped supporting her financially and attempted to have her removed from their home.

Without money to pay for her obstetrician appointments, Mathis, according to the documents, suffered "break-through bleeding and a constantly upset stomach" while utility companies threatened to disconnect her electricity, gas and water.

Bosh, who turns 25 today, did not return a request for comment yesterday. Said Vincent Wills, Bosh's Maryland-based attorney: "Obviously Chris denies all the allegations in the complaint. We're going to be filing our response to the filing within the next week or so."

TORSTAR NEWS SERVICE

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SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Learn the art of cooking

JESSICA PERREAULT
for Metro Ottawa

A few chops here, some added spice there and — voila — you're a gourmet chef.

Le Cordon Bleu is just the ticket for food junkies with beginner to intermediate skills to relish in the finest culinary experience. With weekend gourmet courses lasting anywhere from one hour demonstrations to weekend-long workshops, there's a little something for everyone at the Ottawa location of the reputable school.

"We've had a lot of demand in the amateur courses," said Pamela Bakalian, marketing and public relations manager. "People really want to wow others. It's really made pastry and cuisine more accessible."

GETTY IMAGES FILE PHOTO

Students can learn everything from how to make basic sauces to baking a wedding cake at Le Cordon Bleu in Ottawa.

According to Bakalian, an increasing number of men and professionals are enrolling in the courses, but participants also range from current students, tourists, families and couples.

"In the class you might have a 22-year-old, then you might have a 52-year-old," said Bakalian. "By the end of it, everyone gets along. It's all about having the best-looking dish."

Classes range in everything from knife skills, wedding cakes, basic sauces or international flavours, which occurs every second Saturday of the month and features a different region of the world each time. "People who can't get a vacation get a flavour through the food," said Bakalian of the popular course choice.

The next course, "The Art of the Egg," is being held on April 4, and will give students the opportunity to make chocolate eggs just in time for Easter. Each class requires a minimum of six participants and is capped at 12 students.

"Anyone and everyone can take these courses," said Bakalian. "The end result is always amazing."

To register, visit lcbottawa.com or call 613-236-2433.

Paint that black thumb green

ANDREW SZTEIN
for Metro Ottawa

With the snow melting and the weather warming up, is there any sweeter sight than that of flowers and plants growing?

Those flowers become all the more impressive when you are the one who planted them and raised them to maturity. That's why several institutions in Ottawa are offering gardening courses to help you paint that black thumb a pleasant shade of green.

Whether your aspirations are limited to a planter box or a career managing soil, there are options for you.

For the organically minded enthusiast, there is a series of four workshops available at the Sandy Hill community centre. "The purpose of this course is to give experienced gardeners (the chance) to learn about putting the organic component into their gardening and do it well," said Margaret Townson, one of the course administrators.

If your gardening aspirations are more professional and career-minded, Algonquin College offers a two-year horticulture diploma program.

"The program itself includes greenhouse management, designing landscapes for homeowners, pruning — pretty much everything you need to do inside or outside," said Mary Anne Jackson-Hughes, a professor of horticulture for 20 years.

Algonquin's program offers both part-time and full-time studies, including courses offered at night and on the weekends, or online.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Certified organic?

How to be assured a beauty product is living up to its claims

DIANE PETERS
for Metro Canada

When you buy makeup, lotion or shampoo labelled "organic," how do you know that it's guaranteed not to contain synthetic chemicals and that its plant-based ingredients were grown without fertilizers or pesticides?

Check to see that it has a certification logo on the label. On a few Canadian products, you'll see the Ecocert or Certech stamps — two private labels from for-profit companies. On imported goods you might see Ecocert, or a stamp from the United States Department of Agriculture (USDA) or the U.K.'s Soil Association. A "BDIH" seal shows that the cosmetic was certified natural by the Association of German Industries and Trading Firms.

Under federal government Organic Products Regulations (slated to go into effect this June), agricultural products with "organic" claims must be certified, and certification will be standardized. But cosmetics certification will remain voluntary and in private hands. Cosmetics could be included sometime in the future, but not any time soon, according to the Canadian Cosmetic, Toiletry and Fragrance Association.

EarthHour

ECOCERT Since 2002, Ecocert Canada, a division of France-based Ecocert, has certified three Canadian companies: Cargo Cosmetics, Cosmaceutical Research Lab and Druide. Any approved products must contain 95 per cent plant-based organic ingredients and the remaining five per cent must be from Ecocert's list of acceptable substances. Ecocert also recognizes natural products. For these, 50 per cent of the plant-based ingredients must be organic and five per cent of the overall product must be organic. "We verify the ingredients and what's written on the label, and we do at least one inspection a year," says France Gravel, director of Ecocert Canada, which charges $5,000 and up to assess a product line.

CERTECH More than a year ago, Certech Registration, a Canadian company, created a standard for cosmetics that requires 95 per cent organic ingredients and excellent quality management systems at a company's factories.

"We look at the entire process," says Brian Lane, president of Certech, which has been doing quality assurance certification for various industries since 1987. "We want to know where the ingredients were grown and that the company has the correct controls in place." It only approves products not tested on animals and packaged in recyclable containers.

Costs vary depending on the size of the operation, but it is typically between $2,000 and $8,000 for an entire product line (annual retesting of products can run up to $3,000 a year).

Thus far, Certech has approved d'Avicenna, the only Canadian cosmetics company to go through its certification process. D'Avicenna president Shahin Kalantari says it was a big challenge to make the company's product without using chemical emulsifiers and preservatives.

For now, any reference to "organic" or "natural" on a cosmetic product label — unless it has a certifier's stamp — could mean anything.

ISTOCK PHOTO

To ensure cosmetic products are organic, check for a certification logo on the label.

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How embarrassing it would be to lean in, shake hands with your "future boss", only to notice that, ever so slightly, his/her nose turns up as if it just encountered a smell it could do without!

You have done it again…bad breath!

We would like to first assure you that you are not alone. Millions of North Americans suffer from bad breath. Many of them brush regularly, take care of themselves and are well groomed.

So why can they not get rid of this annoying bad breath?

Some people try breath mints or candies. These might provide a temporary solution by masking the symptoms. However, they do nothing to solve the problem.

For most people, the problem will be poor dental hygiene that allows trapped food and bacteria to build up in the mouth…even for those who brush their teeth regularly.

If that is the case, the first thing to do is visit your dentist to get rid of the immediate problem. A proper cleaning will remove any built-up food and bacteria. We are certain you will notice the difference right away.

The challenge is to make sure you keep that clean, fresh breath until your next visit to the dentist. Don't be afraid to discuss this problem openly with him/her. Odds are, you will not be the first patient your dentist has treated with this embarrassing condition…and you won't be the last.

You may discover that your brushing technique needs to be improved. A simple alteration may better enable you to reach the places food and bacteria used to hide.

If you are forgetting to floss between your teeth, or, again, not flossing properly, you may be leaving unwanted germs and bacteria behind. Ask your dentist to show you how to floss properly.

Some people are unaware how much bacteria can build up on their cheeks or tongues. Make sure your toothbrush is equipped with a tongue and cheek cleaner. If necessary, ask your dentist where to find one and how to use it. (By the way, bacteria build up, and bad breath, are big problems for people with pierced tongues or cheeks!)

People with braces, partial dentures or fixed bridges can be prone to bad breath. These devices can trap food. Make sure you get your dentist to show you proper cleaning techniques for these devices.

Sometimes, bad breath may be a symptom of other medical problems. That is a matter you need to discuss with your medical doctor.

For most people, bad breath has a simple cure…proper cleaning of the teeth. This is a problem easily solved by your dentist.

Bad breath can be embarrassing. For that reason, your friends and family members are usually reluctant to tell you.

Take heart! What you cannot discuss with your family you can discuss with your dentist!

We want that food and bacteria removed from your mouth for good. Bacteria is NOT healthy. Removing it is a very healthy habit…and healthier habits lead to healthier lives.

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Moore joins Special Relationship
Julianne Moore has been cast as Hillary Clinton in Special Relationship. She will star opposite Dennis Quaid — who will play ex-U.S. President Bill Clinton — in the movie which will show how his " relationship" with Monica Lewinsky nearly ended his time in power. FEMALEFIRST.CO.UK

Entertainment

New romance

Katy Perry and Josh Groban are dating. Perry has been on a series of intimate dates with the U.S. singer-songwriter, but the pair are keen to keep their fledgling romance out of the spotlight. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

A new hero is born

Reese Witherspoon finds new voice in Monsters vs. Aliens

NED EHRBAR
Metro World News

Reese Witherspoon faced a new challenge in portraying Susan, her character in Monsters vs. Aliens who transforms from a regular-size bride-to-be into a five-story-tall superhero: Talking like a convincing action hero.

"That's not a voice I have in my repertoire," she admits. "So they kept trying to coach me to be more like Arnold Schwarzenegger or Sylvester Stallone. That took me a long time."

After years of comedies and dramas, Monsters vs. Aliens — opening Friday — is Witherspoon's first real action movie. Luckily, it's animated, so the most physical exertion the Oscar-winning actress had to endure was recording "effort noises," the grunting, wincing and panting that accompany the film's dizzying action sequences, like when a massive alien robot chases Susan through a crumbling San Francisco.

Witherspoon was particularly drawn to this project because of its strong female lead. "I've been offered a lot of animated films before," she explains. "Sometimes they were playing a girlfriend, and sometimes they were playing a girl who got rescued by a guy. This was the first opportunity where the woman was at the centre or the movie."

And the journey Susan takes in the film — after being walloped by a radioactive meteor on her wedding day — spoke to Witherspoon on a deeper level. "It's got an incredible message about finding yourself and your identity," she says. "Are you a person who struggles in the shadow of another person just so you don't have to be alone or afraid or find your own strengths? Or are you someone who's willing to take a chance and accomplish great things?"

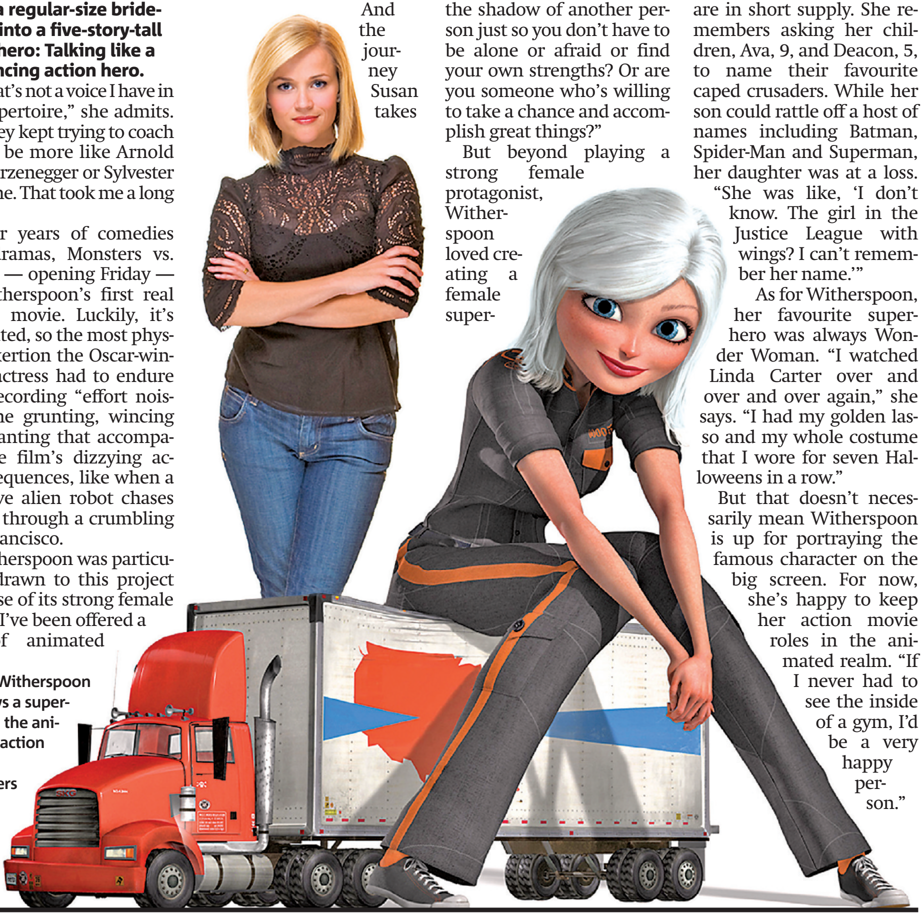
> **"It's got an incredible message about finding yourself and your identity."**
> Reese Witherspoon

But beyond playing a strong female protagonist, Witherspoon loved creating a female superhero, something she feels are in short supply. She remembers asking her children, Ava, 9, and Deacon, 5, to name their favourite caped crusaders. While her son could rattle off a host of names including Batman, Spider-Man and Superman, her daughter was at a loss.

"She was like, 'I don't know. The girl in the Justice League with wings? I can't remember her name.'"

As for Witherspoon, her favourite superhero was always Wonder Woman. "I watched Linda Carter over and over and over again," she says. "I had my golden lasso and my whole costume that I wore for seven Halloweens in a row."

But that doesn't necessarily mean Witherspoon is up for portraying the famous character on the big screen. For now, she's happy to keep her action movie roles in the animated realm. "If I never had to see the inside of a gym, I'd be a very happy person."



Reese Witherspoon portrays a superhero in the animated action movie Monsters vs. Aliens.

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DVD picks

Quantum of Solace

Director: Marc Forster

AS THE FIRST acknowledged sequel in the 007 series, Quantum picks up where Casino Royale left off, with James Bond (Daniel Craig) seeking payback for the demise of his lover Vesper Lynd. Several secondary characters from the last film also return, and prior knowledge of their modus operandi is a definite plus.

But even fans with photographic recall may have trouble with this new mission, because Quantum offers little solace for anyone seeking Bond pleasures of old.

Gone are the trademark jests, the clever gadgets and the outsized plots to blow up the world.

The girls are harder to bed (even 007 doesn't always score) and the locales are less exciting – although paradoxically, this could be the most-travelled Bond film yet.

Director Marc Forster (Monster's Ball) has taken independence and innovation a bit too far, but news is not all bad.

In the case of Craig's sophomore outing as Bond, it's entirely good. He adds layers of emotional and physical substance to a character that had nearly become a cartoon.

Craig's stellar work, well matched by Judi Dench in her expanded role of MI6 boss M, is reason enough to see the movie.

The disappointing extras in the double-disc and Blu-ray sets include several making-of featurettes (ho-hum) plus the Crew Files blogs that have already been posted online. Where's the beef, 007? **TORSTAR NEWS SERVICE**

Fitness at the flick of your remote

TV Too shy, too broke, too busy, too lazy to hit the gym these days?

With FitTV, a cable station that offers 20 hours of fitness and health programming every day, another excuse for not exercising bites the proverbial dust.

But you'll still have to get up off that couch.

"FitTV is currently the only network dedicated to fitness and keeping exercise and fitness programming fresh and accessible to everyone," Carole Tomko, president and general manager of FitTV, said.

Part of Discovery Communications Inc., the station offers an array of workout choices, ranging from Pilates and aerobics to body sculpting, yoga, belly dancing and hip hop.

Gandolfini wins praise for play

BROADWAY Sopranos star James Gandolfini won rave reviews Monday in God of Carnage, a Broadway play about two couples whose attempt to deal amicably with their sons' playground fight descends into mayhem. The play by French writer Yasmina Reza also stars Marcia Gay Harden as Gandolfini's wife, as well as Jeff Daniels and Hope Davis, in what Elysa Gardner of USA Today called "a showcase for first-rate ensemble acting." **REUTERS**

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/24/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		Marking Time (N)		*Linda & Ali: Two Worlds Within Four Walls*		
	211	331	3	GTV	ET Canada	Entertainment	NCIS		90210 (HDTV)		Project Runway Canada		News
	-	-	5	SRC	Virginie (SC)	La Facture	Beautés désespérées (SC)		René - Le Destin d'un chef (N)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Reaper "The Favorite"		Dancing With the Stars		(10:02) Without a Trace (N)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	American Idol				Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Presidential Address		The Biggest Loser (N)				News (N)
	117	713	10	TVA	Les Gags (SC)	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Loft Story	Pop Corn	Dirty Sexy Money (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		La Forêt enchantée		*Regarde les hommes tomber* (1994, Drame policier)				Côa
	-	362	13	CBS	Dr. Phil (HDTV)		Presidential Address		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		According-Jim	According-Jim	Scrubs	Friends	Primetime: What Would		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210 New arrivals.		News (N)
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	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Presidential Address		House "The Itch" (HDTV)		News (N)		News
	-	-	64	PBS	Business Rpt.	Snowtrails TV	Nova (HDTV) (N) (DVS)		Independent Lens (N)		Frontline (DVS)		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	American Idol				Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Playing the Machines (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Preseason Baseball Boston Red Sox at New York Yankees. (Live)						Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Washington Capitals at Toronto Maple Leafs. (HDTV) (Live)					NHL Hockey Detroit Red Wings at Edmonton Oilers.			
	410	403	52	SCR	Cabby Unlimit	Court Surfing NBA news, scores and highlights.					Score Tonight		Hockey Talk
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	59	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN "2-4-1"	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Lost"		Mystery Hnt.
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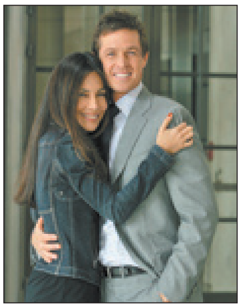
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ultimate Knockouts 6		DEA (HDTV) (N)		Real Vice
	521	560	34	TLC	Kids by the Dozen		17 Kids-Count	17 Kids-Count	17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		17 Kids-Count
	145	761	35	TV5	Change	Caméra café	Pekin express: la route des Incas			Écrivains	Facteur	D'Est en Ouest	Journal TV5
	616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	Saving Grace (N)		House
	620	523	40	BVO	Buffy St. Marie		Live at the Rehearsal Hall		Freddie Mercury		Bravo! Salutes the Junos		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Combat School (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	CMT Star
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Underworld* ★★ (2003, Horror) Kate Beckinsale, Scott Speedman.					Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		(10:05) Destination Truth (N)		Stargate SG-1
	581	566	53	MTV	Room Raiders	After	MTV News	Cribs	From G's to Gents		From G's to Gents		MTV Live
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Terminal Leave"		Sandhogs		Crime Stories		NCIS "Terminal Leave"		Sea Hunters
	129	773	60	CD	Biographies "William Shatner"		Docu-D (HDTV)		Images-chocs		Les Nouveaux détectives		Mayday
	261	394	61	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	269	350	70	APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In (N)	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Without a Trace
Malone (Anthony LaPaglia) and the team search for a missing psychologist whose brother was imprisoned for serial rape, which leads the investigators to wonder whether the brother may have been involved with the disappearance. Martin's (Eric Close) relationship with Kim (Vanessa Marcil, reprising her guest role) heats up. Adam Kaufman, Kristoffer Polaha and Vincent Ventresca star in the new episode "Daylight." 10:01 PM on 13 CBS



The Biggest Loser
In a special two-hour episode, the contestants meet NASCAR driver Clint Bowyer as part of a challenge requiring each contestant to pull a car for almost a quarter of a mile. As the competition shifts to single rivalry, the contestants are given their original colored shirts to wear for the remainder of the season. At a weigh-in, one contestant shatters "Biggest Loser" records, and other players also hit big milestones. Alison Sweeney is host. 8 PM on 18 E!

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Recession's latest victim: Lauren Conrad

Lauren Conrad has opted to take her clothing line off the racks. Her rep says the Hills star is cancelling her spring/summer 2009 line and halting production because of the current economic crisis. **METRO WORLD NEWS**

Celebrity Buzz

Don't undergo look-alike surgery, Demi urges fan

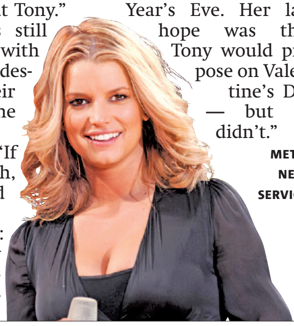
PEOPLE Demi Moore has urged a terminally ill fan not to have plastic surgery to look like her, femalefirst.co.uk reports.

The actress doesn't want 29-year-old Lisa Connell to go under the knife, saying on Twitter: "Wish I could contact this woman Lisa Connell who wants to have surgery to look like me and encourage her to not to! She is a beautiful girl!"

Connell, who has an inoperable brain tumour, plans to spend $60,000 US on liposuction, a breast enhancement, an eyebrow lift and work on her skin and teeth, in a bid to resemble her idol.

METRO NEWS SERVICES

Jessica's dad turns on Tony



PEOPLE Jessica Simpson's father is jealous of her boyfriend Tony Romo, femalefirst.co.uk reports.

The singer-and-actress — who has been dating the football quarterback since last year — is reportedly being encouraged to separate from her boyfriend by her dad and manager Joe, because he believes she is losing focus on her career.

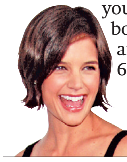
A source said: "Joe now feels that Tony has become too much of a distraction for Jessica. Any free time she has, Jess wants to spend with Tony. But rather than blaming his daughter's work ethic, Joe points the finger at Tony."

But Simpson is still very much in love with the athlete and is desperate to take their relationship to the next level. The source revealed: "If she had her wish, she'd be married and pregnant."

A source added: "Jessica was really hoping she was going to get an engagement ring. She wanted one for Christmas, then she thought maybe New Year's Eve. Her last hope was that Tony would propose on Valentine's Day — but he didn't."

METRO NEWS SERVICES

Celebrity child power play date



PEOPLE Usmagazine.com is calling it a power play date. Katie Holmes took daughter Suri, 2, to The Children's Arts Studio in Santa Monica, Calif., on Sunday. Joining them: Victoria and David Beckham's youngest two boys, Cruz, 4, and Romeo, 6.

METRO NEWS SERVICES

Madonna and Jesus adopt?

KIDS Madonna's relationship with Jesus Luz seems to be moving fast. After just three months together, the Brazilian model is ready to adopt a child with the singer, his ex-girlfriend, Catharina Franca, tells Britain's the Mirror.

"He adores kids but he accepts they could not have children of their own, and is talking about the possibility of adopting with Madonna," Franca tells the newspaper. "He's not with Madonna for her money or fame. He's with her because he loves her."

METRO WORLD NEWS

Agency has eye on Lindsay

CAREER Lindsay Lohan is to be offered a modelling contract, femalefirst.co.uk reports.

The star — whose film career has stalled in recent years — has caught the eye of Ivan Bart of IMG Models.

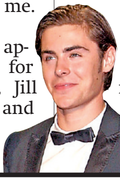
Upon hearing the 22-year-old actress was considering a career change, Bart said: "She's a beautiful girl and obviously knows a lot about fashion. Providing that she was contractually free, we would take a meeting."

Lohan revealed she was considering a career change: "I love doing photo shoots. I mean, if I could just sign with IMG and do ad campaigns and model more, I'd do that because that's fun for me. That's not work."

Lohan has already appeared in campaigns for Dooney and Bourke, Jill Stuart, Miu Miu and Fornarina.

METRO NEWS SERVICES

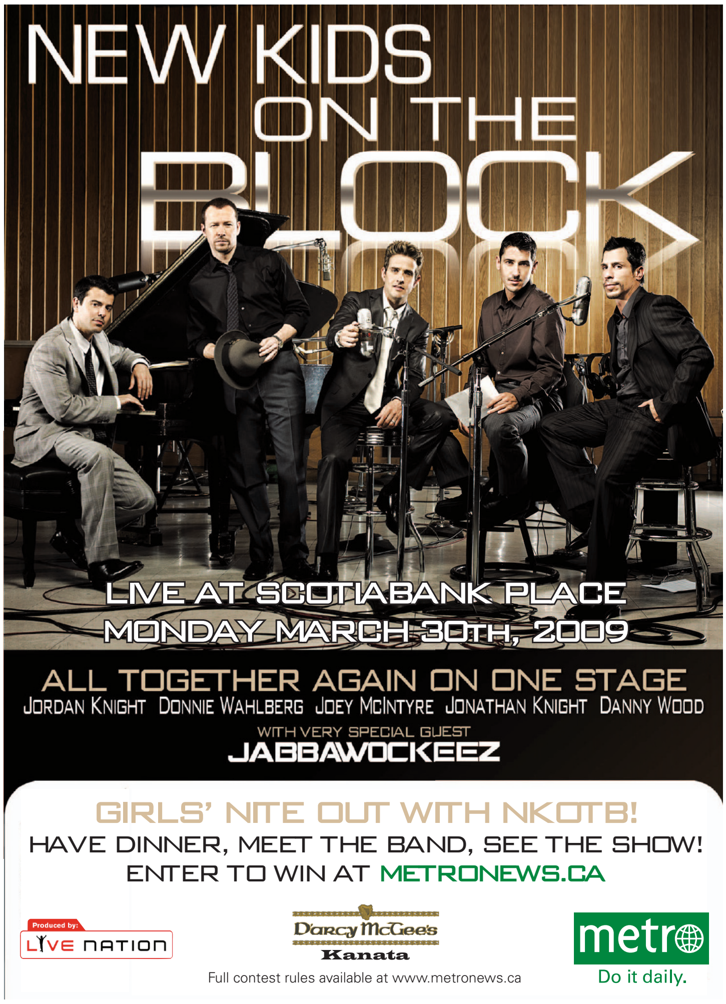
Zac ditches his dancing shoes



CAREER Apparently afraid of being typecast as a song-and-dance man, Zac Efron has pulled out of a planned remake of Footloose, which was set to start shooting this spring and be released next year.

He reportedly told Paramount Pictures that he did not want to do another musical at this point in his career.

METRO WORLD NEWS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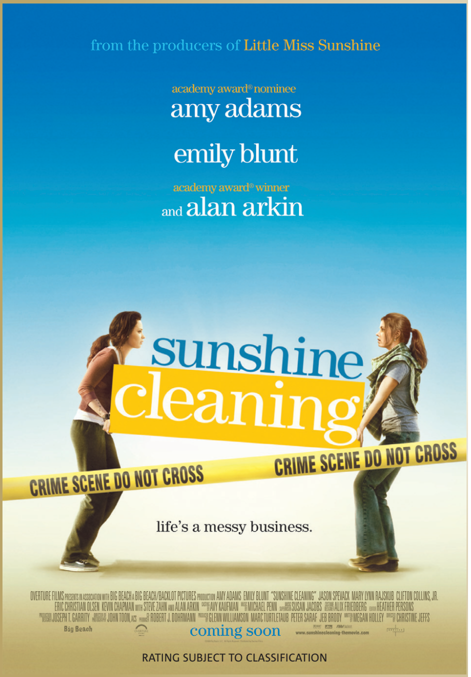
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1	2	3	4	■	5	6	7	■	8	9	10	11
12				■	13			■	14			
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42				■	43	44				45	46	47
48				■	49			■	50			
51				■	52			■	53			

Crossword across

1 VHS contemporary
5 "El —"
8 TV's Dr. McGraw
12 Mosque VIP
13 Privy
14 Carnival attraction
15 Effervescent
17 Lecherous look
18 Pitcher part
19 "Caddyshack" critter
21 Passé
24 Harp's ancestor
25 Cupid's alias
26 Unsteady
30 Intention
31 Actor LaBeouf et al
32 Fish eggs
33 Dilettante's interest
35 Ready for anything
36 Trenches
37 Walking sticks
38 Senescence
41 "— Town"
42 Rowboat needs
43 Chewing in small bits
48 Menageries
49 Prior to
50 Concept
51 Catch sight of
52 Shaft of light
53 Hen pen

Crossword down

1 Clothing protector
2 Ostrich's cousin
3 Bill
4 Strolls
5 Paper holder
6 Charged bit
7 Leftovers carrier
8 Drive on
9 Lofty
10 Not working
11 See 17-Across
16 Cover
20 Spheres
21 Conked out
22 Met melody
23 Grant's is famous
24 Body parts often "girded"
26 Bleach
27 Persia, now
28 Iditarod terminus
29 The Bee —
31 Punch hard
34 Obstreperous
35 Vampire repellent
37 Newsroom newbie
38 Leak slowly
39 Vientiane's land
40 Let fall
41 Do what I say
44 Savings plan acronym
45 "— not choose to run"
46 Ultramodernist
47 Space

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6				7	1	
2	5						8	
			8		6	4		
		1			9	8		2
			3		4			
3		2	1			5		
		9	7		5			
	7						9	6
	8	3				2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	G	O	■	F	A	B	L	E	■	S	O	P
B	O	W	■	A	M	A	I	N	■	O	R	E
S	O	L	I	C	I	T	O	R	■	L	E	E
■	■	■	C	I	S	■	N	O	T	I	O	N
A	B	S	E	N	T	■	S	L	A	P	■	■
R	I	O	■	G	A	G	■	L	U	S	T	Y
E	L	L	S	■	D	I	M	■	T	I	R	E
S	K	I	M	P	■	G	A	B	■	S	E	A
■	■	D	O	R	K	■	R	O	O	M	E	R
B	A	N	G	O	R	■	T	O	N	■	■	■
E	V	E	■	S	O	L	I	T	A	I	R	E
R	E	S	■	I	N	A	N	E	■	N	U	N
M	R	S	■	T	E	P	I	D	■	N	E	D

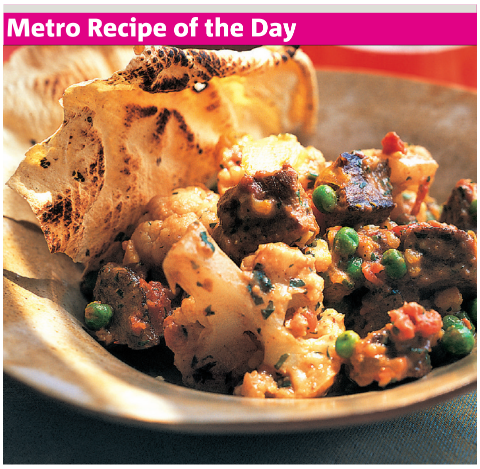
2	6	8	4	7	3	5	9	1
3	7	5	1	2	9	6	8	4
9	1	4	6	8	5	2	3	7
6	4	9	7	5	1	8	2	3
7	8	2	3	9	6	1	4	5
5	3	1	8	4	2	7	6	9
1	9	3	2	6	7	4	5	8
4	2	7	5	3	8	9	1	6
8	5	6	9	1	4	3	7	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min	Genius
13-17 min	Scholar
17-21 min	Smart
21-25 min	Not bad
25+ min	Keep practising

Metro Recipe of the Day



Lamb Curry

INGREDIENTS:

1 tsp (5 ml) olive oil
12 oz (375 g) well-trimmed boneless lamb loin, cut into 3/4-in. (2-cm) chunks
1 medium onion, finely chopped
4 cloves garlic, minced
1 tbsp (15 ml) grated fresh ginger
1 tbsp (15 ml) curry powder
4 cups (1 l) cauliflower florets
1 cup (250 ml) canned crushed tomatoes
salt to taste
1/2 cup (125 ml) water
1 1/2 cups (375 ml) frozen peas
1/3 cup (75 ml) chopped cilantro
1/2 cup (125 ml) plain yogourt
2 tbsp (25 ml) flour

METHOD:

1. Heat oil in Dutch oven over medium heat. Add lamb and cook until browned, about 5 minutes. Transfer lamb to plate with slotted spoon.
2. Add onion, garlic and ginger to pot and cook, stirring frequently, until onion is tender, about 5 minutes. Add curry powder and cauliflower and stir.
3. Add tomatoes, salt and water to pot and boil. Return lamb to pot and reduce to simmer. Cover and cook until lamb and cauliflower are tender, about 40 minutes.
4. Add peas and cilantro. Cook until peas are heated through, about 3 minutes. In small bowl, mix yogourt and flour, then stir into pot and cook over low heat, stirring, until slightly thickened, about 2 minutes.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A mild flirtation will amuse you. Somebody's profound thoughts will disturb you. No problem is too difficult to be forgotten.

TAURUS
APRIL 21-MAY 21
A long-standing burden is lifted. An opinionated reply leads to an unfortunate situation. You must make a huge leap of faith.

GEMINI
MAY 22-JUNE 21
Don't take anyone's promises too lightly. Don't gamble with a friend who enjoys flippancy. A wacky encounter affects those who wait.

CANCER
JUNE 22-JULY 22
A confidential meeting with a bureaucrat is concealed. Face the music when someone is accosted. Benefits come through rational discussions.

LEO
JULY 23-AUG 23
A phone call lightens your mood. Confusion begins to dissipate. A controversy will develop if you're full of mischief.

VIRGO
AUG 24-SEPT 22
Don't be a noisy neighbour. Someone is caught in a naughty act. Eliminate stuff that is no longer useful.

LIBRA
SEPT 23-OCT 23
An unnecessary agreement comes to an end. Someone's bad temper can be tamed. Rise above pettiness about mysteries and secrets.

SCORPIO
OCT 24-NOV 22
Stop pushing too hard and take a break. A troublesome buddy's support is appreciated. A situation is better than it looks at first.

SAGITTARIUS
NOV 23-DEC 21
An awkward enemy makes slow progress. Persevere and succeed by trial and error. A cynical guy comes out of his shell.

CAPRICORN
DEC 22-JAN 20
Be careful around electrical objects. A perilous situation will develop when you speak your mind. Arrogance retards progress.

AQUARIUS
JAN 21-FEB 18
Your job prospects improve when friends get involved. Remain hopeful about your future. Your forcefulness will shock people.

PISCES
FEB 19-MARCH 20
Don't wait for anyone to ease your burdens. Disgraceful things are fun tonight. It's not compulsory to repeat any mistakes.

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CONFERENCE

Risks and Major Sports Events

Wednesday, March 25, 2009 at 1 p.m.
Desmarais Hall, room 4101
55 Laurier Avenue East

Greeting and Smudging
William Commanda
Algonquin Elder

Keynote
Richard Pound
Member of the International Olympic Committee and VANOC
The Olympic Games and Risks

Panelists

Parissa Safai, Ph.D.
School of Kinesiology and Health Science, York University
Health Determinants, Risks and Athletes

Denis Prud'homme, M.Sc., M.D.
Dean of the Faculty of Health Sciences
High-Performance Athletes, Doping and Sudden Death
(presentation in French only)

Penny Werthner, Ph.D.
School of Human Kinetics
Working with Athletes and Coaches in High-Risk Sport: An Ethical Dilemma for a Sports Psychology Consultant

Paul Boutette, M.A., MBA and Louise Lemyre, Ph.D.
Institute for Population Health
Security at the Olympics: Psychosocial Risks at the Olympics and Building Community Resiliency

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